

It's a cloudy afternoon in August. It's rather dreary out actually. It's my day off from work so I had a little time to do a little reading this morning. I was browsing around on the internet a bit and I stumbled upon a discussion on a discussion-forum about astral projection. An individual who had recently been experimenting with astral projection (and from what I gather based upon what they wrote, they were just starting out in this) described a recent occurrence when they were attempting to astral project and they heard external voices speaking to them. They didn't say that the voices frightened them or such, mainly they described how they were startled, surprised by hearing these voices. From what I gather, so far this has just been a single isolated incident, but the individual did mention that they were fascinated by the experience and that they wished they could experience it again. What they believe happened was an instance of clairaudience...or hearing the voice of spirits. Based on what they described, I agree that this was most likely a case of clairaudience.

There were some other comments and some further discussion about this from other individuals on the forum. One comment that somebody left grabbed my attention. This comment also agreed that it was most likely an instance of experiencing clairaudience. Yet, they also added that the voices that this individual heard were perhaps "spirit guides" and perhaps their messages were implying that this individual should try and develop a clairaudience ability..... or the ability to hear spirit voices. I was a bit surprised when I saw this comment, to me it seemed like a big leap. The person who started the discussion, who was experimenting with astral projection, only described the voices as making a few brief comments, some of which were rather cryptic, and the individual didn't know what the meaning behind them was. So to me, it seemed like quite a leap to derive from this that it was an invitation or a suggestion that this person should seek to develop clairaudience.

I also found this comment to be neglecting something significant. This is the fact that trying to deliberately develop clairaudience can be dangerous. I say this based on my own experiences. I developed clairaudience back during the winter of 2015 after I had been experimenting with EVP recording for a short time. I was seeking to communicate with spirits through these recording sessions by my own choice. Yet, I had not set out with the intention to develop clairaudience and when I became clairaudient, it caught me completely by surprise and in truth it became a nightmare for me... a nightmare that...though it has diminished quite a lot since 2015..... has yet to fade away from my life to this day.

Clairaudience is often spoken of as being a gift.... an ability that can bring fascinating and positive things into one's life. However, for myself, I do not believe that it is always a gift, I believe that at least in some instances it can be an affliction. When it's clairaudience that is having a negative impact on one's life, unfortunately labels such as mental illness are often used without closer examination. For myself, yes ...I believe that there are two sides to the coin

when it comes to clairsaudience. It is the ability to hear spiritual voices, yet there is no guarantee that one will only be hearing the voices of benevolent spirits. Whether one is hearing the voices of friendly beings or hostile beings, it is the phenomenon of hearing them itself that is clairsaudience.

Back during the winter of 2015, I was stricken with “hijacked clairsaudience”. Just prior to this, a percentage of the voices that I was hearing on my EVP recordings (and also directly communicating with) began to become what I can only describe as “negative” in nature. Initially, during the first few weeks of my recording experience, the voices that I was hearing on the recordings to me seemed very friendly, very benevolent or at least benign and non-hostile in nature. However, as the weeks went by, an element of the voices, a percentage... did start to become hostile towards me. They would do things like insult me and threaten me and try to mess with my head by making such comments as saying that my home “now belongs to them”.

This should’ve been a red flag for me, looking back now I know that it was, but at the time I did not let the appearance of these negative voices on the recordings deter me from going forward. I was still very much caught up with a sense of curiosity and fascination by what I was experiencing. At the time, I didn’t recognize the possible dangers, I didn’t even know about them. I had no idea what was about to hit me. I assumed that when I entered a recording session that the communication was terminated, that it was over until the next time I started recording. So, I was very much shocked to say the least when one afternoon back in late February 2015... out of the blue I started hearing the same negative voices (that I had been recently hearing on my EVP recordings) outside of the recordings. It started with a few disturbing incidents here and there, but then things started to escalate by the day and about a month later all hell broke loose and I was hearing these negative and intruding voices at all times, around the clock ...day and night.

Yes, for me this was very much a case of clairsaudience becoming a nightmare. A nightmare is exactly what it was. I was bombarded by these intruding voices continuously and it went on like this day after day....week after week ....month after month. It took some time and I had a lot of help from individuals I’ve met that had similar experiences, but eventually I did manage to get something of a handle on the situation, I managed to at least get some degree of control over this hijacked clairsaudience. Things in my life have never been quite the same since 2015 however. To this day I’m still hearing one voice, one lingering voice. This voice to me seemed to always be the most extreme ....the most determined, so I’m not surprised that it’s the one voice that I’m still left hearing. So yes, for me this hijacked clairsaudience nightmare is not entirely over... it continues to impact my life to this day.

Getting back to the discussion that I saw online this morning, for myself I would never make a comment like the one I saw suggesting to an individual that they should intentionally seek out to develop clairsaudience. I’m sure that this individual had good intentions, they were putting everything into the context of a positive spiritual experience.... I understand this. However, this doesn’t change the fact that sometimes seeking to develop clairsaudience can be dangerous. There is a danger of what happened to me occurring. I’ve seen many other cases similar to my

own, my case is by no means an isolated case. Since 2015, I have seen other accounts and corresponded with other individuals who have also experienced the same kind of clairsaudience attack.... this clairsaudience overload ...after being involved in such things as doing EVP recording sessions like myself, using a Spirit Box, using a Ouija board, doing automatic writing, doing remote viewing, even intense meditation. There are how many strange accounts out there like my own, where the onset of hearing voices is linked with a specific activity and these activities often incorporate opening one's perceptions up to external forces. Often one is simply intending to investigate a subject that they are interested in, or to have a positive spiritual experience....or to develop themselves more spiritually, and things of this nature. Yet regardless of the intention, these activities all have an aspect of opening up your perceptions, opening up your mind in an attempt to have and experience with an external spiritual force or to make contact and develop a connection with an external spiritual force.

In regards to the main subject of this discussion that I saw this morning, astral projection... this is a bit different in some ways from doing EVP sessions, using a Spirit Box, or using a Ouija Board. However, I believe there's still is an element of opening one's self up or seeking experience and contact with external spiritual forces/phenomenon if one is seeking to do this intentionally. So, it's my belief that if you seek to astral project(deliberately) and then encounter these mysterious voices, then the same danger with the same risk of developing this kind of unwanted clairsaudience is still present. So basically, I guess what I'm saying is if you're having some kind of projection experience and you start hearing voices, we cannot assume that they are always your "guides" or even benevolent for that matter. Clearly some of the EVP voices that I was hearing on my recordings and that I was communicating with in 2015 had ill intentions towards me. This is a whole topic unto itself...who they might be ...what their motives might be... and I've thought about this countless times over the years. But it comes down to (at least in my personal opinion) that the source of the voices, the overall source is the same... the astral realms. Yes, I feel that the same danger is there when doing something like projecting and communicating with disembodied voices and also communicating with them through EVP recording, or using a Spirit Box.

What are the warning signs that the voices that you're hearing are not the friendly kind? Unfortunately, sometimes the warning signs are not always obvious, at least not until it's already turned into a bad situation. I know that my situation was a bit different in the details of the communication (in comparison to astral projection), but I believe that perhaps some of the same warning signs would apply here.

Initially the voices seemed very benevolent in nature, or at least not outwardly hostile in any way. I would say that at this stage, it was difficult to pick up on too many warning signs from the voices themselves. The warning sign was in my own reaction to the voices. Once I started to become able to communicate with these voices fairly easily through recording, I let the curiosity get the better of me and I threw caution to the wind and pretty much became obsessed with doing recording sessions. For weeks I was doing sessions every night practically, for several hours. I suppose that perhaps it might just simply come down to mathematical probability. If I am communicating to such a degree, then perhaps it's inevitable that sooner or later I'm going to

run into an entity or group of entities that has other motives besides having a friendly conversation.

In my own situation, I didn't start hearing what I would call negative voices ....or heckler voices until the second month of recording. Then the warning signs became much more obvious. But again, at the time.... I was blinded by my own curiosity and it wasn't until some time had passed that I looked back and realized all of those warning signs that I had missed. To this day I don't know exactly what happened or who was who as far as these voices that I was communicating with goes. How could I know.? In the beginning, it was my own curiosity that got the better of me. So, if one is feeling that overwhelming sense of curiosity, wanting to experience more...constantly thinking about it, then I believe that sometimes that's a warning sign in itself, it was in my own case. I just didn't catch it in time.

Another warning sign that I missed (and I believe that this was probably back at the start of the second month of recording, was when a very clear and commanding voice blatantly gave me a warning. I remember hearing something like "danger ....go back!" The "go back" part really jumped out at me on the recording. Unfortunately, at the time I didn't reflect too much on what this particular warning meant, I was more interested in how loud and clear the voice sounded. Some of the others that I've met who have also had similar experiences after being involved with EVP recording have told me that they also heard warnings telling them to stop recording. Perhaps these were the guides, the true spirit guides. So, I would say that these warnings should be taken seriously. They should not simply be brushed off. If one is hearing particular voices giving them warnings about danger, then perhaps they should listen. I would say that it couldn't hurt to heed these warnings but it certainly could hurt if you don't. And essentially that's what it boils down to, why take the risk of interacting with unknown forces. Back in 2015, I didn't know about this particular danger of being stricken with hearing voices, but if I had.... I would like to think that I would have taken the risk. We're talking about something that can have a major impact upon your life, why chance it? I know that the pull of one's curiosity can be a strong and powerful force, but sometimes we really should let caution prevail and simply let go of that curiosity.

- B. Edwards
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